

Positive Alternatives 2014 - 15 Quarterly Update

Grantee: Young Women's Christian Association of Duluth

Goal: To provide necessary services to pregnant and parenting women in Duluth and surrounding areas

For the period: January 01, 2015 - March 31, 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hire and train program staff; Complete grant reporting forms; attend required grant meetings		Hired and trained new full time 'Housing Case Manager' as well as a new part time 'Overnight Youth Advocate.' Both positions were filled by current YWCA employees that had previous experiences working within the program. Completed Quarterly Updates as required.	
Outreach	Maintain waiting list and provide any needed assistance or advocacy to women on that list; provide community education and maintain visibility in community; collaborate with community service providers		Continue to maintain housing program wait list; case manager provides advocacy and referral services to women waiting for housing. We collaborate with local service providers, as well as present information on program and services to increase visibility; such as Professional Women's Networks, OB/GYNs, medical school, Workforce Center, etc.	
Car Seat Program	Provide car seat education; provide car seats for women	2 - 3	Seven program participants & 3 staff members received car seat safety education through St. Louis County training program. No car seats were provided to participants this quarter.	7
Case Management Services	Provide participants with ILSP (Individual Living Skills Plan); review and update ILSP's on quarterly basis; provide transportation for medical and advocacy appointments; maintain wait list; following up with wait list participants monthly	5	Seven participants received case management services that included: creation or update of goals in ILSPs. Program participants also received transportation to medical appointments, school, county, advocacy services, etc. Case manager maintains housing wait list and follows up with women monthly.	7

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Child Care	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances	4	4 program participants received assistance enrolling their children in safe and secure early childhood center. The participants noted above also received childcare assistance for their children while CCAP approval was processing at the county.	4
Crib Distribution/ Sleep Safety Education	Provide pack and plays; provide sleep safety education	4	This quarter; six residents were provided sleep safety education. No pack and plays were provided to program participants.	6
Education Assistance	Provide daily tutoring services; provide education planning assistance ; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours	5	Education assistance was provided to 5 participants this quarter. We work with several volunteer tutors to provide homework help to students. Case Manager and Program Director assisted students in scholarship & grant application process, and attended meetings with students and academic advisors as requested by participants.	5
Employment Assistance	Provide assistance with resume building; provide assistance with job search; practice mock interviewing; refer to community employment services	5	This quarter 4 resident's received assistance with employment search and/or resume building. Staff members from the MN Dept of Workforce Development work closely with participants to create work/education plans that complement ILSP's and avoid service duplication.	4
Financial Assistance	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs	5	Provided assistance and advocacy services to 4 program participants in applying for mainstream benefits and/or completing paperwork and providing necessary documentation to maintain benefits.	4
Housing Assistance	Provide assistance securing safe and affordable housing; Provide residential housing and maintain 7 apartments	5	Continue to maintain seven residential apartments in secure licensed facility. Program Director and Case Manager work closely with public housing authority as well as additional income based property managers: provided 3 participants assistance in securing safe and affordable housing when they complete program.	3

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Life-Skills Education Program	Provide 2 weekly life skill groups; provide a life skill learning environment; provide all participants with ILSP and quarterly updates	5	Seven residents participated in Life Skill programming 2x per week. Skills addressed at groups were; parenting, communication, financial literacy, nutrition, pregnancy prevention, healthy relationships, employment education, etc.	7
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources	5	Basic need items and material support were provided to 3 residents and to 1 woman on housing wait list this quarter. Items that we were able to provide these individuals were food, diapers, wipes, and additional baby needs, as well as referrals to additional agencies that provide services that we do not.	4
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment	3	Provided 2 program participants with referrals to therapists and AHRMS workers, to address specific barriers to accessing services. Transportation is provided to these appointments and childcare in emergency situations.	2
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; provide food when needed	5	Provided nutrition education and cooking classes to seven program participants this quarter.	7
Parenting Education	Provide parenting education classes; provide Circle of Security attachment based parenting groups; provide one to one parenting support; provide assistance in enrolling children in Early Childhood Center and Head Start Program	5	Seven residents participated in weekly Circle of Security clinical intervention groups with a contracted clinician. Addressing individual traumas that impact the attachment relationship of participant and her child. Program staff received training to support the often fragile relationships between moms & babies. Case manager provided assistance with enrolling child in Early Childhood Center and Head Start Program. All residents received child abuse prevention education and focused on abusive head trauma education and stress management.	7

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Pregnancy Education	Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness	2 - 3	1 resident received assistance creating a birth plan; she also worked closely with Health & Wellness Director on prenatal health education and access to pre-natal yoga and Doula referrals.	1
Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	6	Case manager provided intake assessments on nine women that applied for housing program this quarter. Referrals were provided as deemed through the assessment and assistance was given to each client in accessing the referrals sources. All clients placed on the wait list are contacted by case manager on a monthly basis.	9
Transportation	Provide transportation to and from appointments; provide bus passes; provide assistance with obtaining a driver's license	5	Six participants were provided transportation services this quarter, varying from; rides to and from appointments, providing bus passes, and assistance (3) in obtaining Minnesota drivers licenses.	5

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	7
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	7
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	7
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	6

Challenges: A challenge of the area continues to be a shortage of housing for homeless women and their child/children. We continue to maintain a wait list of women that need services, and are vulnerable to exploitation. Our program focuses on a very narrow population that is dictated by our license, and often we need to make referrals to outside housing agencies where waitlists are longer than what we see in our program.

Comments: This quarter we have seen many positive developments in the reflective capacity of residents, when it comes to parenting and their relationship with their child. Women have begun to really shift their way of thinking about the behavior of their infants and toddlers, and are working hard on nurturing the relationship with their child, even if this is a foreign concept to them (having not received this in their own childhoods). We believe that this is not due to any one change that we have made in programming, but several factors that continue to provide the women and children that we serve with a safe secure bases, so that they are able to provide the same to their children.